

The One Command®

You are About to Enter the Secrets  
Revealed for Your Success the  
Foundation Course to Change  
Your life Forever for The Better!

**Welcome to The Foundation Course** of the secrets behind the teachings of The One Command that is making a dramatic difference in peoples lives around the world. You are exceptional for saying yes to this teaching because you are starting at the PhD level of knowledge. And we have laid it out so you can easily understand and immediately implement what we are sharing with you.

To date we have delivered the six-steps and One Command process to hundreds of thousands people and we get emails every day asking for more help in understanding how and why this simple process is so effective. It took us awhile before the light bulb went on and we realized that a course taking you step-by step behind the scenes with the philosophy, science and application of the technique would serve many very well.

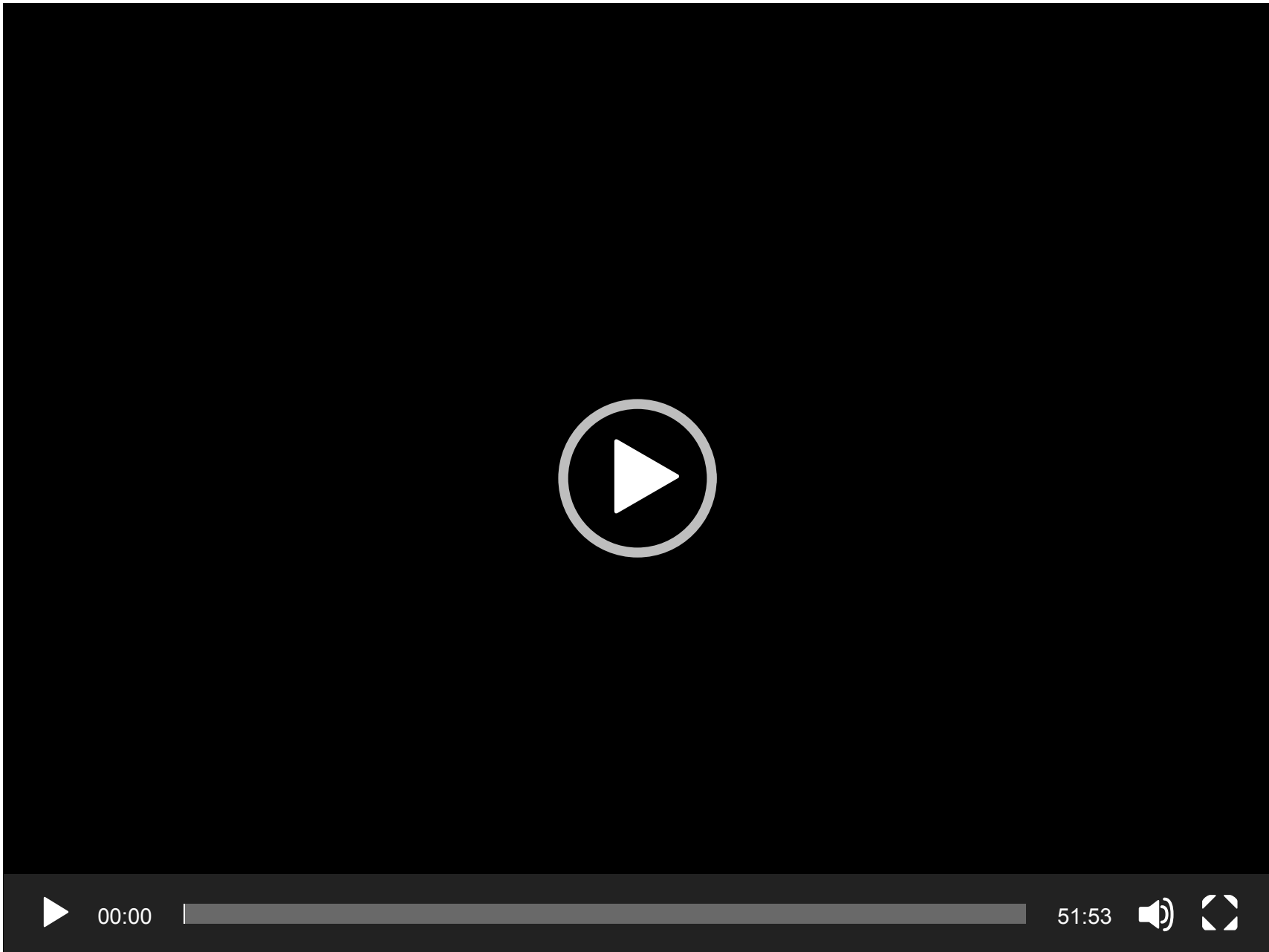
As the founder of The One Command, Asara Lovejoy I want to say that it is my great pleasure to have worked with Dr. Katie Garnett and Bonnie Strehlow in developing and presenting the course to you. At each POD there are some simple practice handouts and PDF mental guidance questions to enhance your engagement.

Originally this course was given over 4 weeks – one podcast a week but we are delivering the entire course here to you all at once.You will receive emails each week to prompt you on what you are learning even though you may be ahead or behind of what content is in the emails. Hope they help. However, it is our recommendation that you take your time going through each section. Give yourself time to think differently about how you think and how to change your old habits into new successful dynamics.

**You have access to both the video that you can watch with the power point images or audio only in case you want to listen while driving or at night before going to sleep.**

As always enjoy the journey of discovering more of who you truly are and the power of your greater intelligence.

The Foundation Course Pod 1



Should you have any questions you can reach us through the contact link in the menu above or [here](#).



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[PDF Foundation Course Pod 1 Practice – The Core Concepts of Your Rich Mind](#)



[PDF Foundation Course Resources & Recommendations for Science and Principles Applied to The One Command](#)

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